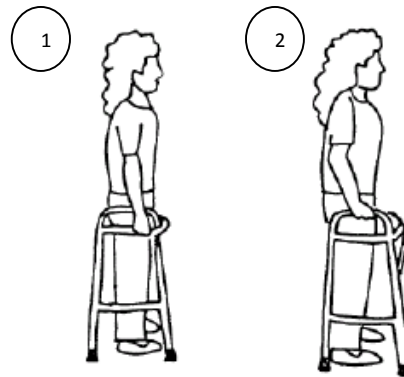


Walker Instructions

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider and/or Physical Therapist. Contact your health care provider if you believe you have a health problem.

Walker Fitting

1. Stand up straight with your arms resting at your side.
2. The walker height should be level with the bend in your wrists.
Note: There should be a slight bend in your elbows (about 20° -30°) when holding onto the walker.



Safety Note:

- Ensure that all push pins are fully engaged and unrestricted.

To Open & Close

To Open

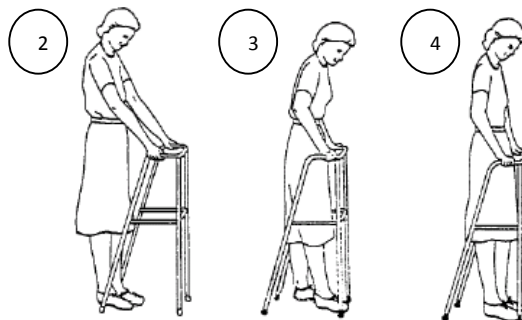
1. Pull each side open. Release button should click into place.
- Safety Note: Ensure walker release is fully engaged.

To Close

2. Push release button. Fold sides toward the walker.

Walking

1. Stand straight, do not hunch over.
2. Move the walker forward. Stay in the box (8" to the Front, 8" to the Rear).
3. Step **FIRST** with your **WEAK** leg.
4. Your **STRONG** leg goes **LAST**.



Safety Note:

- Place all 4 legs on the ground at one time.
- Do **not** rock from the back legs of the walker to the front.



Curbs

To go Up

1. Get the walker as close to the curb as possible.
2. Place the walker up on the curb with all 4 legs down flat on the ground.
3. Step up with the **STRONG** leg **FIRST**.
4. The **WEAK** leg comes up **LAST**.

To go Down

1. Get the walker as close to the edge of the curb as possible.
2. Place the walker down to the lower level.
3. Step **DOWN** with your **WEAK** leg.
4. Your **STRONG** leg comes down **LAST**.

Note: Remember the phrase: Up with Good, Down with Bad

Safety Tips

- Walkers are **not** recommended for use on stairs.
- Do **not** try to carry anything in your hands when using a walker. It is recommended to get a basket or bag to attach to the walker.
- Do **not** try to hold on to the walker when you stand up. It may tip over on you. Instead, push up from the surface you are sitting on.
- Do **not** lunge with a walker.
- **Never** run with a walker
- **Never** carry a walker and walk. A walker is used to assist with balance.
- Keep walker wheels to the outside of the walker. This will reduce trip hazards.
- Remove throw rugs from areas to be walked upon.